

Dietary Guidelines for Americans

- ☐ Balance the food you eat with physical activity. Maintain or reach a desirable, healthy weight. Exercise regularly, have fun!
- ☐ Choose a diet with plenty of grain products, vegetables, and fruits. Follow the 5-A-Day plan everyday.
- ☐ Choose a diet low in fat, saturated fat, and cholesterol. Use less added fat and reduce use of fatty animals meats and products.
- ☐ Eat a variety of foods, check out the food guide pyramid.
- ☐ Choose a diet moderate in salt and sodium. Limit foods to those with 300 mg or less of sodium per serving.
- ☐ Choose a diet moderate in sugars.
- ☐ Add more fiber to your diet. Use whole grains and cereals. Eat more vegetables and fruits.
- ☐ If you drink alcoholic beverages, less is better. Alcohol is not needed for a healthy diet, so drink in moderation.

MOVE!